ISRCTN18268861 https://doi.org/10.1186/ISRCTN18268861

Moving Works (Bewegen Werkt): an evaluation of a health promotion program for long-term unemployed persons

Submission date
17/05/2022

Recruitment status
No longer recruiting

Registration date
12/08/2022

Overall study status
Completed

Last Edited
25/08/2026

Condition category
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Background and study aims
The intervention “Bewegen Werkt” (BW) [“Exercise Works”] is a re-activation programme for unemployed persons with health problems consisting of physical activity, lifestyle education and individual coaching.
The aim of this study is to optimize the BW programme and to evaluate the effectiveness of the BW programme on mental and physical health, health behaviours, and participation among unemployed persons with health problems.
The BW programme will be optimized by:
1. Emphasizing the intersectoral approach, combining efforts of the BW coach and the case manager of the municipality;
2. Educating BW coaches in Motivational Interviewing; an evidence-based technique to enhance motivation for behaviour change;
3. Prolonging the BW programme with follow-up meetings after the end of the programme;
4. Using WhatsApp to enhance communication and support from the coach and the other group-members during and after the BW programme.
The research questions concern the effectiveness on primary (physical and mental health, and participation), and secondary outcomes (healthy behaviours, self-esteem, mastery, and happiness), as well as the implementation process (barriers and facilitators for implementation, costs and benefits).

Who can participate?
Long term unemployed persons in the Netherlands.

What does the study involve?
A focus group with case managers and BW coaches will be organized to get insight into barriers and facilitators for carrying out the intersectoral collaboration. In a brainstorm session, barriers will be brought up and ideas will be generated to overcome these barriers. In addition, interviews with professionals (10 case managers, 10 BW coaches, 5 policy officers) and clients (10 participants, 10 drop-outs, 10 ex-participants) will be performed to get insight into barriers and facilitators for implementation of the BW programme.

With a quasi-experimental study design, insight is gained into the effect of the BW programme on health, health behaviour and participation. An intervention group consisting of 250 clients participating in the programme and a control group consisting of 250 clients with comparable characteristics, but not participating in the programme are followed for one year. The propensity score matching technique will be used as alternative research design to evaluate the effectiveness of the BW programme because a randomized controlled trial is not feasible.
A fidelity scale will be developed, consisting of 25-50 questions on the practical implementation of the BW programme. For each municipality, the level of implementation will be measured. It will be investigated whether the BW programme shows better results in municipalities with a higher score on the fidelity scale.

What are the possible benefits and risks of participating?
The control group receives two coupons of 10 euros for a Dutch webshop (https://www.bol.com). The people in the intervention group would participate in the intervention regardless of this research.

Where is the study run from?
Erasmus Medical Center (Netherlands)

When is the study starting and how long is it expected to run for?
August 2020 to July 2024

Who is funding the study?
Netherlands Organisation for Health Research and Development (ZonMw)

Who is the main contact?
Dr Merel Schuring, M.schuring@erasmusmc.nl

Contact information

Type(s)
Scientific

Contact name
Dr Merel Schuring

ORCID ID
https://orcid.org/0000-0002-0354-9109

Contact details
Erasmus University Medical Center (Erasmus MC)
Department of Public Health
PO Box 2040
Rotterdam
Netherlands
3000 CA
+31 (0)10 703 8460
M.schuring@erasmusmc.nl

Additional identifiers

Protocol serial number
50-55510-98-065

Study information

Scientific Title
Moving Works (Bewegen Werkt): the evaluation and optimalization of a health promotion program for long-term unemployed persons

Study objectives
The Bewegen Werkt program increases the health and participation of a participant.

Ethics approval required
Old ethics approval format

Ethics approval(s)
The Medical Ethical Committee of Erasmus MC Rotterdam declared that the Medical Research Involving Human Subjects Act does not apply to the current study on 19/11/2020 (ref:MEC-2020-0771)

Primary study design
Interventional

Study design
Quasi-experimental study design

Study type(s)
Other

Health condition(s) or problem(s) studied
Health of persons who are long-term unemployed

Interventions
Bewegen Werkt is a group intervention that last 12-18 weeks, where they meet up twice a week. During this time, they receive health education and physical activity training. Participants are selected by the municipality. The intervention will be evaluated by questionnaires at baseline, 3 and 12 months and by interviews for the procesevaluation.

Intervention Type
Behavioural

Primary outcome(s)
The following primary outcome measures will be measured with a questionnaire at baseline, the end of the program (3 months) and a year after the start (12 months)
1. Physical health measured using SF-12
2. Mental health measured using MHI-5 and subjectively experienced health model
3. Participation measured using participation ladder

Key secondary outcome(s)

The following secondary outcome measures will be measured with a questionnaire at baseline, the end of the program (3 months) and a year after the start (12 months)
1. Healthy behaviors (physical activity, smoking, alcohol consumption)
2. Self-esteem measured using the Rosenberg self-esteem scale
3. Mastery measured using the personal mastery scale
4. Happiness measured with one question "How happy are you?" and a 5-item answer category ranging from very unhappy to very happy

Completion date
01/07/2024

Eligibility

Key inclusion criteria
A person must be long-term unemployed and not in a similar intervention program.

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
0

Key exclusion criteria
If they do not speak or read Dutch sufficiently.

Date of first enrolment
01/09/2021

Date of final enrolment
31/01/2023

Locations

Countries of recruitment
Netherlands

Study participating centre

Erasmus Medical Center
Rotterdam
Netherlands
3015GD

Study participating centre
Bewegen Werkt
Almelo
Netherlands
7602PD

Sponsor information

Organisation
Netherlands Organisation for Health Research and Development

ROR
https://ror.org/01yaj9a77

Funder(s)

Funder type
Government

Funder Name
ZonMw

Alternative Name(s)
Netherlands Organisation for Health Research and Development

Funding Body Type
Private sector organisation

Funding Body Subtype
Other non-profit organizations

Location
Netherlands

Results and Publications

Individual participant data (IPD) sharing plan

Only anonymous data is available upon request.
r.hijdra@erasmusmc.nl

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet			31/05/2022	No	Yes
Participant information sheet			31/05/2022	No	Yes